

## Help Starts Here

The Washington State Employee Assistance Program (EAP) is a free, confidential program created to promote the health, safety and well-being of public employees.

More than 90,000 public employees have access to EAP services to help them address work and life challenges.

When you're ready to get help, we're here for you.

It's hard to focus on work when I'm worried about your health.



EAP offers free, confidential resources to help solve life's problems — no matter how big or small.

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

### Get in Touch

 [eap.wa.gov](http://eap.wa.gov)

 877.313.4455

“EAP was a wonderful resource. The counselor was extremely helpful.”



WASHINGTON STATE

A service of **DES** Washington State  
DEPARTMENT OF  
ENTERPRISE SERVICES



WASHINGTON STATE

## Employee Assistance Program

No-cost, confidential support to help with work and life challenges.

[eap.wa.gov](http://eap.wa.gov)

## Personalized Solutions

Financial worries. Aging parents. Job stress. Health issues. Everyone faces challenges from time to time — but you don't have to face them alone.

We can help with:

- Workplace concerns
- Grief and loss
- Interpersonal conflicts
- Addiction and recovery
- Anxiety, depression, trauma
- Stress management
- Mental wellness
- Parenting or eldercare support
- Legal and financial issues

## Private and Confidential

Your participation in EAP is voluntary and strictly confidential. We do not report back to your employer about the things you discuss in private counseling conversations. To learn more about how we protect your privacy and the limited exceptions to confidentiality, call us or visit our website.

## How it Works

EAP is easy to access. Contact us and we'll match you with a **local professional counselor** in-person or by phone. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. EAP support is short-term and solution-focused.

Your benefit includes up to 3 sessions, and **covers all household adults**. And, you can use EAP again in the future if new problems arise.

